Boost your financial literacy!

Essential Financial Wellness topics

Are you just starting to dip your toes into learning about finance? Or, would you like to brush up what you already know? This section is for you. Topics cover the essentials of financial literacy and their practical application in everyday life.

Date & Time		Name	Description
Wed, Jan 15, 2025	12 pm ET	Building your wealth through investing	Join us and explore how to build wealth, manage risk and align your investment decisions with your specific priorities.
Tue, Feb 11, 2025	3 pm ET	Newcomers to Canada	Moving to a new country is an exciting opportunity, but also a great challenge. This session explores some important topics that can help to make the transition easier.
Tue, Sep 10, 2024 Thu, Mar 27, 2025 Thu, Jun 12, 2025	12 pm ET 6 pm ET 12 pm ET	How to start saving today?	This topic is best suited to anyone who's just starting to learn or is needing help managing their savings.
Tue, Oct 22, 2024 Wed, Apr 30, 2025	9 pm ET 9 pm ET	Reviewing your financial roadmap	Whether you're just starting out or thinking about retirement, learn how to build a financial plan, including ways to minimize taxes.
Mon, Dec 2, 2024 Tue, May 6, 2025	3 pm ET 3 pm ET	Save for retirement now	We'll introduce you to retirement planning and answer questions like how much will retirement cost? Where will the money come from?
Thu, Nov 14, 2024	6 pm ET	Understanding credit and debt	Join us for a look at the types of debt, the cost of borrowing, understanding your credit rating as well as tips for getting out of debt.

In-depth Financial Wellness topics

If you're comfortable with the basics of financial literacy and are looking for a more in-depth knowledge and tips, pick this category. Here you will find webinars about investing, financial planning, retirement and more.

Date & Time		Name	Description
Wed, Dec 11, 2024 Tue, Jan 28, 2025 Wed, May 14, 2025	12 pm ET 3 pm ET 6 pm ET	Staying the course	Learn how to navigate market ups and downs to stay on track with your savings goals.
Mon, Nov 4, 2024 Tue, Feb 25, 2025	3 pm ET 6 pm ET	Living your retirement plan	This session dives deep into retirement planning concepts. It's best suited to plan members aged 50 or older.
Mon, Mar 24, 2025 Wed, Jun 25, 2025	12 pm ET 9 pm ET	Estate & Taxation: the essentials	While thinking about your estate planning, an important aspect to consider is taxation. This session will focus on providing for your loved ones, the importance of beneficiary designations and passing on your estate in a tax efficient manner.
Mon, Apr 7, 2025	12 pm ET	Your health and wealth—what's the connection	Money may not buy happiness, but your relationship with it can affect your health. Join us to explore the connection.
Wed, Sep 18, 2024	6 pm ET	Where there's a will, there's a way	A will can be an important part of your financial plan. Find out what happens if you pass away without one, what a power of attorney is and how to minimize taxes at death.
Thu, Oct 10, 2024	12 pm ET	Investing: A closer look	Expand your knowledge and understanding of investment principles.